



Sorted!: How to Get What You Want Out of Life: The Good Psychopath 2

By Andy McNab, Kevin Dutton

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An experiential guide to how to use your inner psychopath to get what you want out of life.

Many of us achieve success in life -- but at a price. We work around the clock, surf deadline after deadline, and have little opportunity for quality time and relaxation. We're good under pressure -- when life puts a gun against our heads. But we're not so good at turning the tables and handling the weapon ourselves!

In *Sorted! How to Get What You Want Out of Life*, Kevin Dutton and Andy McNab present the ultimate guide to disarming life and getting it to do our dirty work rather than the other way around. Taking in all aspects of life -- work, recreation, health, relationships, time management, and those niggling little challenges of day-to-day living that each of us face way more often than we'd like: how do we keep our inboxes to zero? Dutton and McNab offer concrete, practical, step-by-step checklists to get more out of life than it gets out of you!

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Editorial Review

About the Author

From the day he was found in a carrier bag on the steps of Guy's Hospital in London, ANDY McNAB has led an extraordinary life. As a teenage delinquent, Andy McNab kicked against society. As a young soldier he waged war against the IRA in the streets and fields of South Armagh. As a member of 22 SAS he was at the centre of covert operations for nine years -- on five continents. During the Gulf War he commanded Bravo Two Zero, a patrol that, in the words of his commanding officer, 'will remain in regimental history for ever'. Awarded both the Distinguished Conduct Medal (DCM) and Military Medal (MM) during his military career, McNab was the British Army's most highly decorated serving soldier when he finally left the SAS. Since then Andy McNab has become one of the world's bestselling writers, drawing on his insider knowledge and experience. As well as three nonfiction bestsellers including *Bravo Two Zero*, the bestselling British work of military history, he is the author of the bestselling Nick Stone thrillers. He has also written a number of books for children. Besides his writing work, he lectures to security and intelligence agencies in both the USA and UK, works in the film industry advising Hollywood on everything from covert procedure to training civilian actors to act like soldiers and he continues to be a spokesperson and fundraiser for both military and literacy charities.

Professor KEVIN DUTTON is a research psychologist at the Calleva Research Centre for Evolution and Human Science, Magdalen College, University of Oxford. He is a fellow of the Royal Society of Medicine and of the Society for the Scientific Study of Psychopathy. He is the author of the acclaimed *Flipnosis: The Art of Split-Second Persuasion*. He lives in the Cotswolds.

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